



## Original Article

# Study on an Attitude toward Menstruation, Perimenstrual Symptoms, and Coping of Nursing Students

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## Abstract

**Purpose:** The purpose of this study was to identify an attitude toward menstruation, perimenstrual symptoms, and coping used by female college students. **Methods:** A convenience sample of 151 students was obtained from two nursing colleges in Mokpo and Gwangju. Data were collected through questionnaires from June 15 to June 28, 2005. Three instruments were used in this study, the menstrual symptoms, menstrual attitude, and menstrual coping. Data was analyzed by descriptive statistics, t-test, ANOVA, and Pearson correlation using SPSS 10.0 program. **Results:** The results showed that most 3rd and 4th year students complained about discomfort during their perimenstrual period, had a negative attitude toward menstruation due to the discomfort, but coped well during the period even with a lot of discomfort. With this results, there is a need for a nursing mediator to provide relief for discomfort during perimenstrual period so college female students have a positive attitude toward menstruation. There is

a need for further research to determine the relationship between other variables and discomfort during the perimenstrual period. It is also needed to investigate if there are differences in these variables studied according to ages and occupations in women. **Conclusion:** From these findings, problem solving strategies for menstrual symptoms, positive attitudes, and coping should be a comprehensive approach to a nursing intervention to help women.

Key words : Menstrual symptoms, Attitude, Coping, Nursing students

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28

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25-60ml 2-3 가

20-95%

(Lee et al., 2005; Marean, Eugen, Ceinwen, & David, 1998).

가

가 Ham, Han, You

Park(1999)

가

가

1.

(Lee et al.,

2005).

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가 가

(Brooks-Gunn & Ruble, 1980; Kim, 1998;

2.

Min, 1997).

(Kim, 1995),

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(Woods, 1985). 10

170

2005 6 15

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가

, 20

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, 10  
(Park, 1999).

168  
151 ( 89.9%)

(Lee et

3.

al., 2005) 가

(Kim, Kim, & Jeong, 2004),

(Jun, 2003)

2 , 8 ,

30 , 28 , 24

92

Brooks-Gunn(1980) Menstrual

Attitude Questionnaire Kim(1993)

3, 4

10 , 5 ,

4 ,

5 ,

6 5 30 10 가 , 15.9%

Likert 가 . 13.9%

1 , 2 , 62.3%가

3 , 4 , 5 가 , 43%

가 21.8% 가

Cronbach's alpha .95-.97,

Kim(1993) Cronbach's alpha .80 , 39.2%가

Cronbach's alpha .61 . 12.6% 60.9%가

Moon(2003) <Table 1>.

4 , 4 ,

6 , 5 , 9 28 2.

0 , 1 , 2 , 가

3 4 가 (F=17.35, p=.000). , ' 19.8 ,

Cronbach's alpha .92 , Cronbach's ' 16.6 , ' 9.1

alpha .89 . ' 9.1

Billing Moos . 가

Chung(1999) . (F=8.72, p=.000).

8 , 5 ,

4 , 7 4 ' 26.4 , ' ,

24 ' 20.0 , ' 16.3 ,

1 , ' 0 가 ' 15.3

Cronbach's alpha .75 .

가 (F=11.49, p=.000).

4. ' 3-4 ' 23.2 , ' ,

19 , ' ,

SPSS/win 10.5 16 , ' , 8.2

가

가 <Table 2>.

3.

t-test ANOVA , , (F=

40, p=.756), (F=1.89, P=.134),

(F=.50, P=.680)

가 <Table 3>.

1. 4.

22.4 , 53.5kg, 가

13.9 . 5.9 , (F=7.77, p=.000). , ' ,

1.9 가 . 35.8%가 24.8 , ' 21.8 , ' 19.1

<Table 1> General and menstrual characteristics of subjects

(N=151)

Characteristics	Mean ± SD	f(%)
Age(years)	22.4±0.8	
Weight(kg)	53.5±5.2	
Age of menarche	13.9±1.1	
Duration of menstruation	5.8±1.2	
The peak day of menstrual amount	1.9±0.4	
Menstrual regularity	Regular (10days of difference)	54(35.8)
	Regular ( 2days of difference)	37(24.5)
	Regular ( 3days of difference)	36(23.8)
	Irregular	24(15.9)
The onset of dysmenorrhea	Onset of menstruation	94(62.3)
	3 or 4 days prior to menstruation	30(19.9)
	None	20(13.2)
	During menstruation	4( 4.6)
The degree of menstrual pain	Mild	65(43.0)
	Severe	33(21.8)
	Moderate	32(21.2)
	None	21(13.9)
The feeling of menstruation (multiple responses)	Discomfort	118(39.2)
	Troublesome	98(32.6)
	Apathy	34(11.3)
	Proud	18( 6.0)
	Maturity	18( 6.0)
	Happy	10( 3.3)
	Fear	3( 0.9)
	Dirty	2( 0.7)
Ovulation symptoms	Cervical mucous observed	92(60.9)
	Cervical mucous & abdominal pain	28(18.5)
	None	19(12.6)
	Abdominal pain	12( 7.9)

<Table 2> Difference between menstrual characteristics and menstrual symptoms

(N=151)

Characteristics	Menstrual symptoms		t or F	p
	Mean ± SD			
Menstrual pain	None	9.1± 5.7	17.35	.000
	Tolerable	16.6± 7.5		
	Painful	19.8± 9.6		
	Very painful	25.8±11.1		
Ovulation symptoms	None	15.3± 6.6	8.72	.000
	Cervical mucous observed	16.3± 8.3		
	Abdominal pain	20.0±11.5		
	Cervical mucous and abdominal pain	26.4± 2.3		
Menstrual pain onset	None	8.2± 5.3	11.49	.000
	3-4 days prior to menstruation	23.2±11.2		
	Onset of menstruation	19.0± 9.1		
	During menstruation	16.0± 7.3		

13.6

(F=9.00, p=.000).

27.4

22.3

가

18.4

<Table 3> Difference between menstrual characteristics and menstrual attitudes

(N=151)

Characteristics	Menstrual attitudes		t or F	p
	Mean ± SD			
Menstrual pain				
none	85.8±9.6		.40	.756
Tolerable	86.7±8.1			
Painful	85.3±4.9			
Very painful	87.2±7.6			
Ovulation symptoms				
None	83.8±8.7		1.89	.134
Cervical mucous observed	86.6±7.4			
Abdominal pain	83.9±7.4			
Cervical mucous and abdominal pain	88.5±7.0			
Menstrual pain onset				
None	86.8±9.8		.50	.680
3-4 days prior to menstruation	85.5±8.2			
Onset of menstruation	86.8±7.1			
During menstruation	83.7±4.9			

16.3

r=.14(p=.043)

가

r=.46(p=.000)

가 (F=7.54, p=.000).

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r=.19(p=.009)

<Table 5>.

, 23.7 , ‘

20.9 , ‘

18.9

<Table 5> Correlations between menstrual symptoms, attitudes and coping in subjects (N=151)

	Menstrual symptoms	Menstrual attitudes
Menstrual Attitudes	.14(.043)	
Menstrual Coping	.46(.000)	.19(.009)

5.

\* r(p)

<Table 4>.

<Table 4> Difference between menstrual characteristics and menstrual coping

(N=151)

Characteristics	Menstrual coping		t or F	p
	Mean ± SD			
Menstrual pain				
None	13.6± 7.6		7.77	.000
Tolerable	19.1± 8.1			
Painful	21.8± 9.5			
Very painful	24.8± 9.3			
Ovulation symptoms				
None	16.9± 8.7		9.00	.000
Cervical mucous observed	18.4± 7.8			
Abdominal pain	22.3±11.1			
Cervical mucous and abdominal pain	27.4± 9.9			
Menstrual pain onset				
None	12.2± 7.3		7.54	.000
3-4 days prior to menstruation	23.7± 9.5			
Onset of menstruation	20.9± 9.0			
During menstruation	18.9± 2.8			



(Lee et al.,

2005).

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가

(Lee et al., 2005).

가 (Lee, 1998; Park & Lee, 2001).

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가  
(Lee et al., 2005; Woods,

1985).

가 가

80%가 (Lee, Kim & Kang,  
2003; Min, 1997; Park, 1999).

80

가  
1998). Kim(1993)

(Kim, 1993; Kim,  
가

(Woods, 1985).

, Kim(1998)

가

al., 2005; Woods, 1985).

가 (Lee et

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가

가

가 (Kwon, 1996).

가

가

가

Park Yuo(1998) Kim(1995)

가

Jun(2003)

75%가

가

Lee

(Lee et al., 2005). Jun(2003)

(2005)

가

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(Kim, 1995).

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(Chung, 1999; Lee et

가

al., 2005).

가  
Woods, Most Dery(1982) . Kim, Jung  
Chung(2000)  
, 가  
53.5%가 3,4  
. Lee (2003) 가  
42.9% 28.8%가 가  
가 20 , 40  
. Min(1997) 가  
, Jung(1999) 가  
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(Kim, 1995) . Choi(2002) 가  
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3,4  
가  
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가 ,  
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3,4  
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3,4  
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